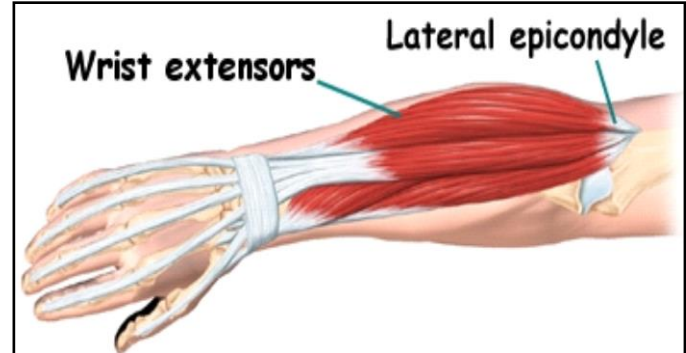




Tennis Elbow (Lateral Epicondylitis)

Lateral Epicondylitis is a painful condition of the tendon fibers that attach on the bony prominence (epicondyle) on the outside of the elbow. These tendons anchor the muscles that extend or lift the wrist and fingers. Pain occurs at the outside elbow with repetitive motions and overuse in activities with grasping, pushing, pulling, and lifting. You may feel areas of hard “knots” along your muscles that can also cause pain.



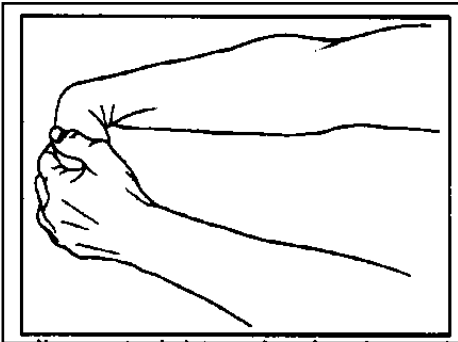
Treatment

Rest and preventing further irritation of the extensor muscles helps to provide pain relief and allows the tissues to heal.

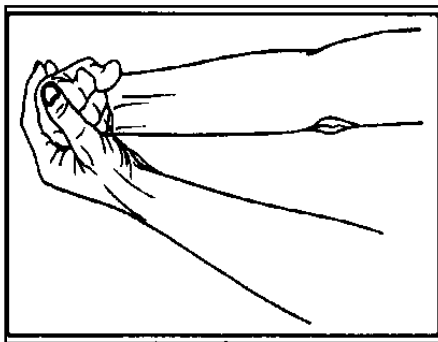
Anti-inflammatory medication may help to reduce pain and possible swelling at your elbow. Make sure you are cleared by your primary care provider before beginning new medication.

Ice your arm after provoking activities, massage/stretching, and always before bed.

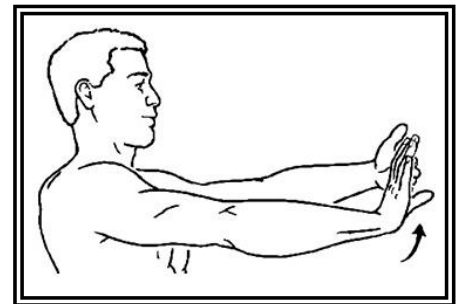
Stretching exercises help to gradually stretch the muscle fibers surrounding the elbow. Each stretch is held for 30-60 seconds, repeated 4-5 times. Repeat any time you feel soreness.



Make a loose fist with your fingers and bend your wrist toward the floor with your opposite hand. To increase the stretch, gradually straighten out your elbow.



Make a loose fist with your fingers and bend your wrist in toward your body with your opposite hand. To increase the stretch, gradually straighten out your elbow.



Straighten your fingers and gently bend your wrist backwards with your opposite hand. To increase the stretch, gradually straighten out your elbow.